Title: Wide Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Get into plank position and place hands wide apart, supporting your body on your toes. Your body should be straight and elbows extended. Keep abs engages and hips lifted off the floor.</li>

<li>Allow the elbows to flex and lower your chest to the floor.</li>

<li>Pause and then repeat.</li>

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